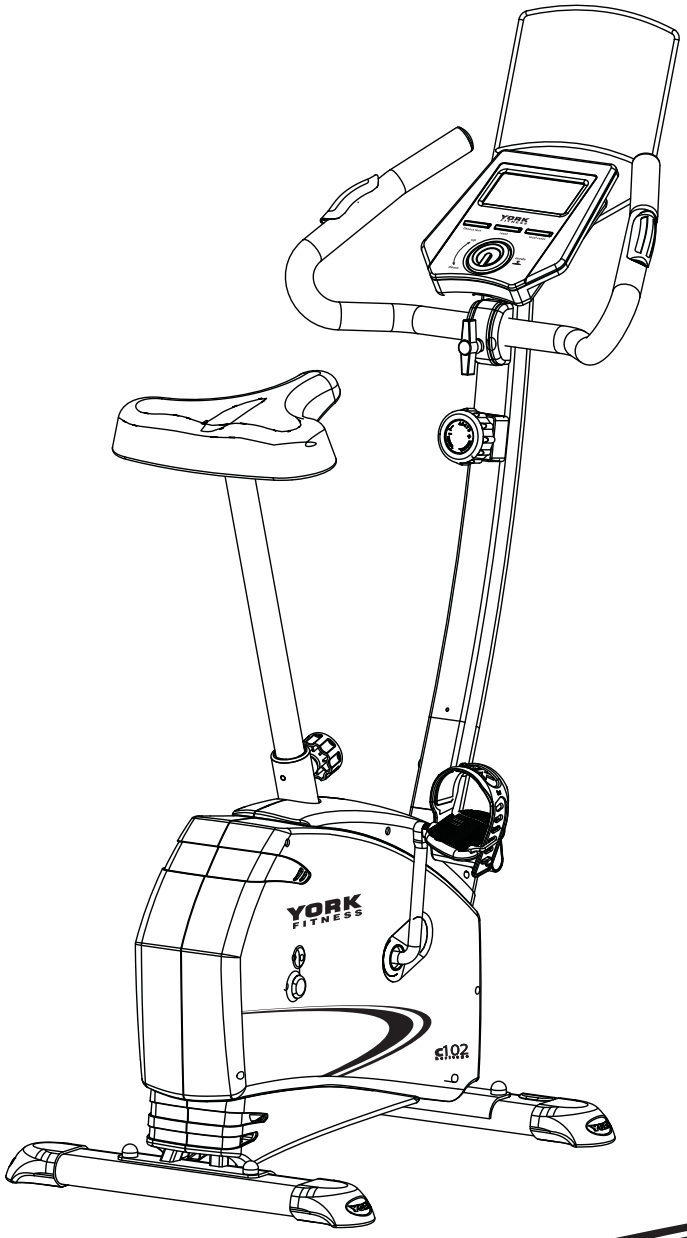
YORK FITNESS



heritage c102
owner's manual

yorkfitness.com

VERSION II - 18/05/2007

YORK FITNESS

Congratulations on purchasing a cycle from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new cycle. For more information visit www.yorkfitness.com

YORK FITNESS

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safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle.
- Adjust the seat height to ensure that you have a good downward pedal stroke without overstretching, don't compromise your balance.
- Try to ensure that your back is straight whilst exercising, especially for long periods
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cycle is 125kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This cycle meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 5 and AS 4092-1993. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

! It is important that you keep these instructions for future reference.

Care & Maintenance

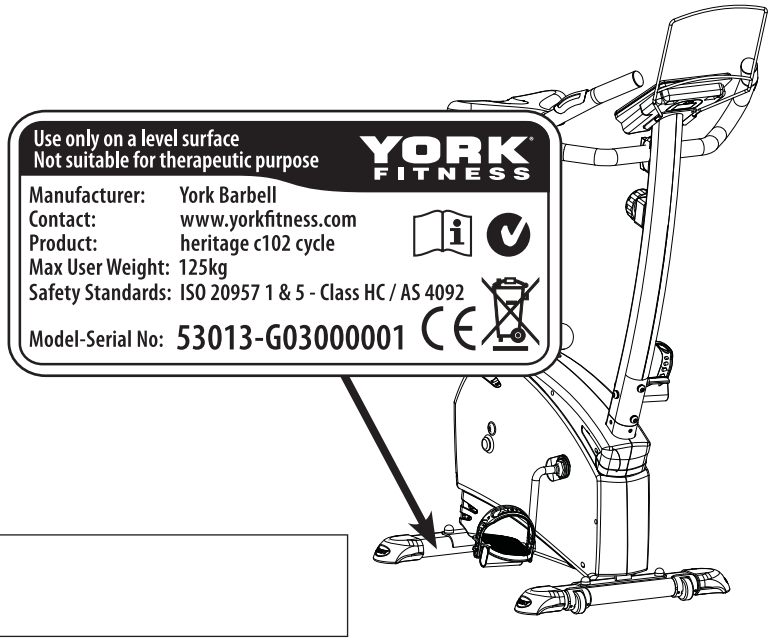
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste.
Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. Serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect


Use only on a level surface
Not suitable for therapeutic purpose
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: heritage c102 cycle
Max User Weight: 125kg
Safety Standards: ISO 20957 1 & 5 - Class HC / AS 4092
Model-Serial No: 53013-G03000001

Your Serial No. is:

Contact Us

ENGLAND
York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB
Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

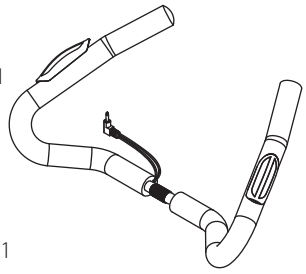
AUSTRALIA
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

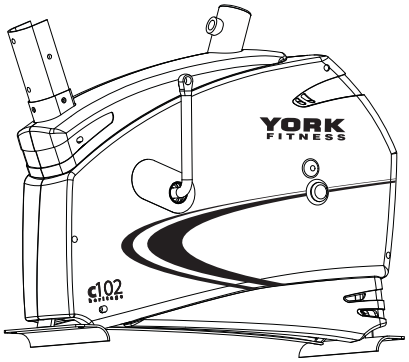
OTHER LOCATIONS
Please see website - www.yorkfitness.com

1. Before you start

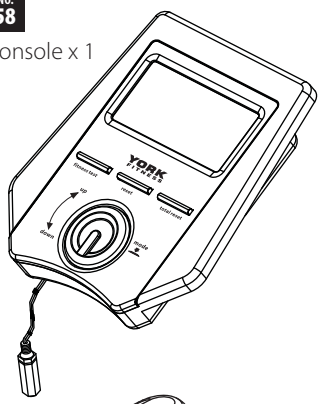
1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**
   a. Remove all the parts and packaging from above the treadmill and lay them out on the floor
   b. Make sure you have the following parts:

Part No. 6
Handle bar x 1

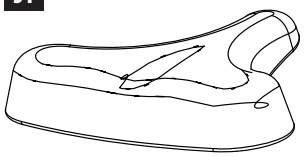


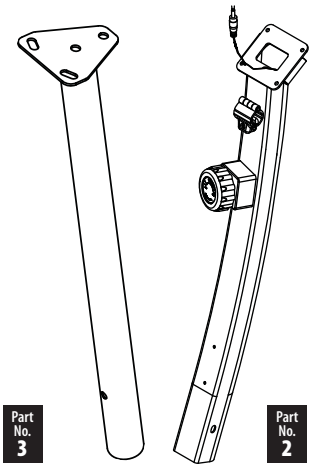


Part No. 58
Console x 1



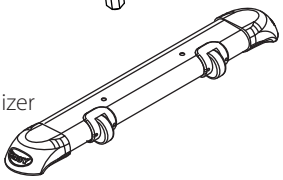
Part No. 51
Seat x 1





Part No. 78
Magazine rack
x 1

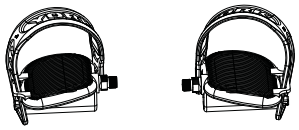
Part No. 4
Front stabilizer
x 1



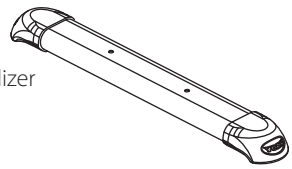
Part No. 3
Seat post
x 1

Part No. 2
Front post
x 1

Part No. 52
Pedal set
x 1



Part No. 5
Rear stabilizer
x 1



Fixings

Part No. 19	52mm Carriage bolt	x 4	Part No. 30	Plastic bolt cap	x 4	Part No. 47	Handlebar bracket cover	x 1
Part No. 20	15mm allen head screw	x 4	Part No. 31	Spring washer	x 8	Part No. 54	Hand wheel	x 1
Part No. 26	Nylock nut	x 4	Part No. 34	Flat washer	x 8	Part No. 43	T-bar bolt	x 1

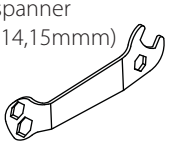
Tools and Consumables

Screwdriver and allen key

Part No. 84

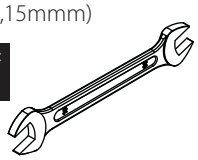
Multi spanner (10,13,14,15mmm)

Part No. 82



Spanner (13,15mmm)

Part No. 83



This cycle takes up a floor space of 107cm by 55cm and weighs 26kg

If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

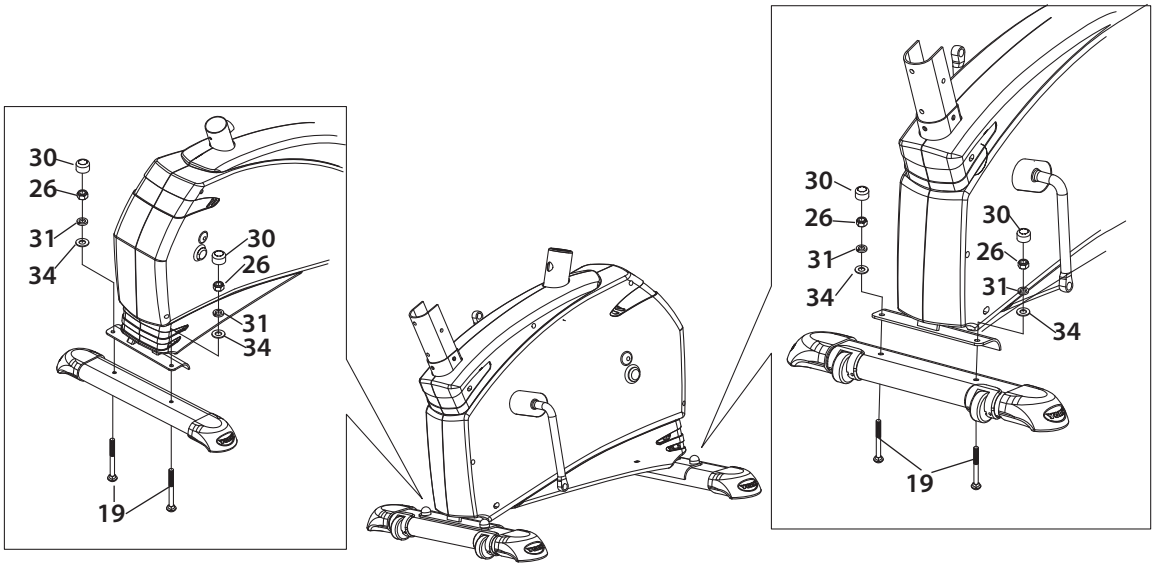
2. Attach the stabilisers

1. Attach the front and rear stabilisers with the nuts, bolts and washers as shown in the diagram
2. Be sure to fit the parts in the same order as the diagram

Check the bolts are fully tightened by making sure they penetrate through the top of the nut

FIXINGS:

Part No. 30	x 4
Part No. 26	x 4
Part No. 31	x 4
Part No. 34	x 4
Part No. 19	x 4

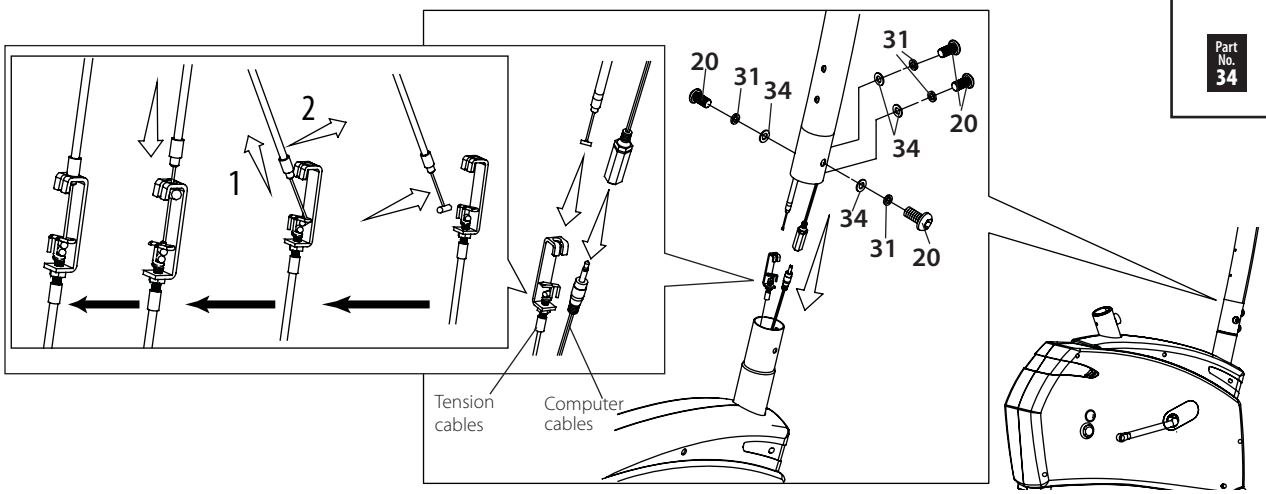


3. Attach the front post

1. Hook the inner tension cables together as shown (you may have to pull the outer tension cables firmly, to hook the upper cable into the bracket of the lower cable)
2. Connect the computer cables as shown
3. Slide the front post tube over the front post mounting
4. Secure in place using the bolts and washers as shown - be sure to fit them in the same order as the diagram

FIXINGS:

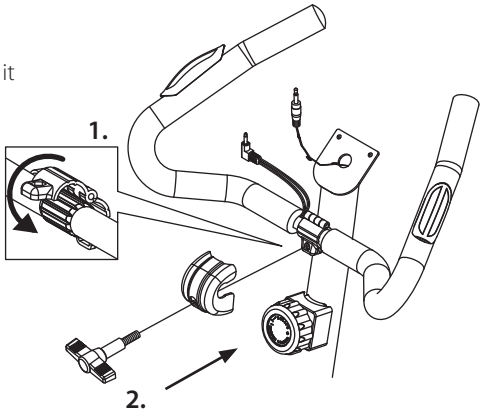
Part No. 20	x 4
Part No. 31	x 4
Part No. 34	x 4



4. Attach handlebars

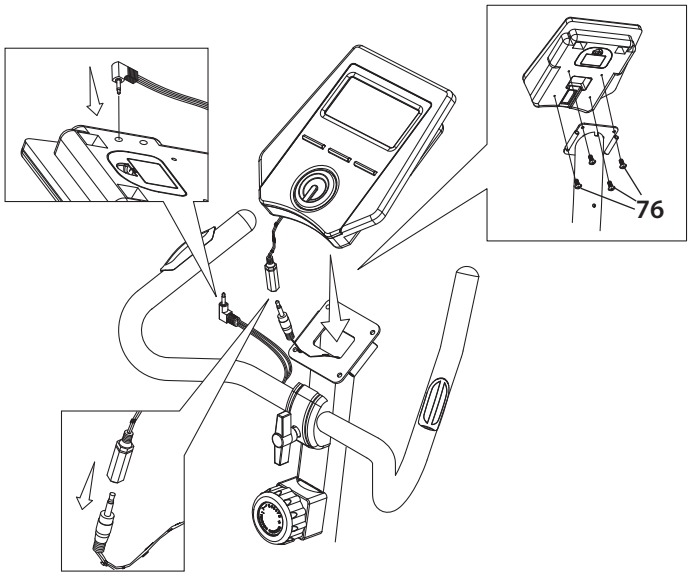
1. Open the handlebar clamp bracket and place the handlebar inside
2. Close the clamp bracket and place the handlebar bracket cover over it
3. Secure in place using the T-bar bolt

Make sure T-bar bolts is fastened tightly



5. Attach the console

1. Connect the computer wires together
2. Secure onto the bracket using screws as shown - (screws are located in the back of the console)
3. Plug pulse wire into back of computer

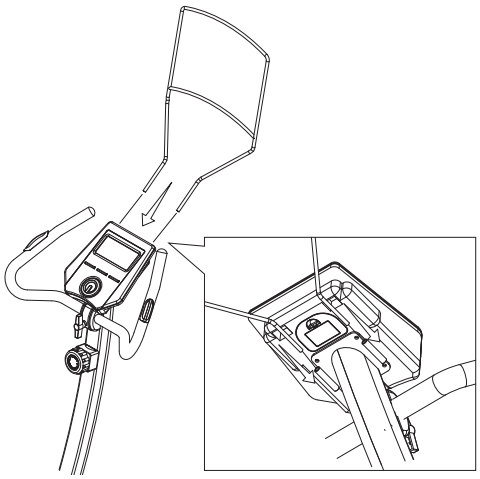


FIXINGS:

Part No. **76** x 4

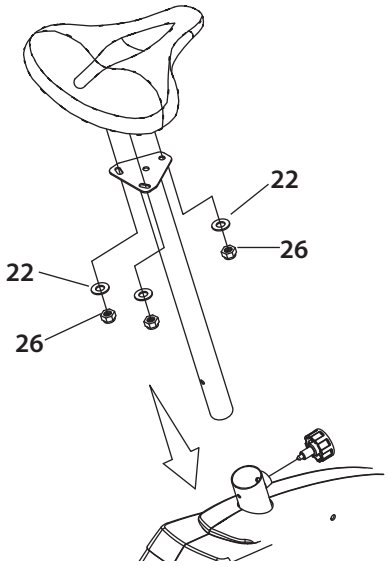
6. Attach the reading rack

1. Slide into the bracket underneath the computer as shown



7. Attach the seat and seat post

1. Attach the seat to the seat post as shown - (nuts and washers are located in the underside of the seat)
2. Slide the seat post into the seat post mounting tube and secure in position with the hand wheel



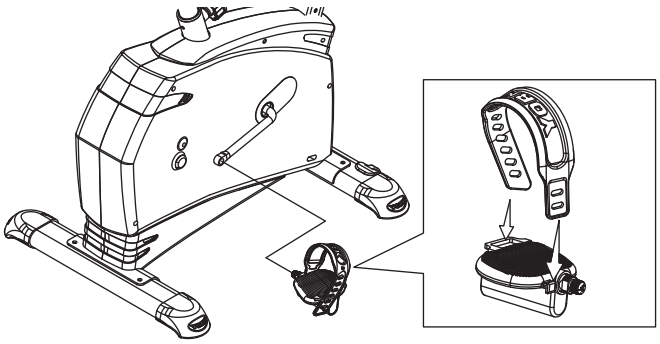
FIXINGS:

Part No. 22 x 3

Part No. 26 x 3

8. Attach the pedals

1. Attach the straps to the pedals (the straps and pedals are marked L and R, match each strap to the corresponding pedal)
2. Attach the L pedal to the left crank arm - this pedal will thread on anti-clockwise
3. Attach the R pedal to the right crank arm - this pedal will thread on clockwise



Final Checks

Your cycle is now assembled. Please make the following final checks before you use it for the first time

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

Quick Start

Simply start pedalling and away you go!
The values of time, distance and calories will start counting upwards
Adjust the resistance level with the large dial

Console Display and Feedback

Scan

Automatically scrolls through the other feedback modes, each being displayed for 6 seconds

Time

Time exercised this session; default counts up from zero, but counts down if a target has been set

RPM / Speed

Switches between revolutions per minute (RPM) or current speed you are cycling at, in km/h

Calories

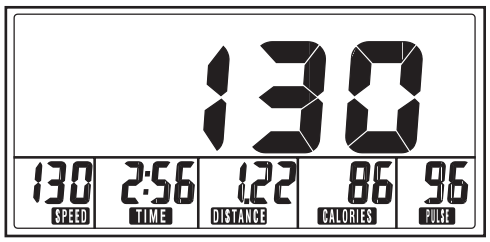
Approximate calories burned this session (for comparison only, not to be used for medical purposes); default count up from zero, but counts down if a target has been set

Distance

Distance travelled this session; default counts up from zero, but counts down if a target has been set

TAG, 90%, 75%, 55%

Corresponding icon will flash when you reach your target pulse rate, if you have set one up



Screen Display

NOTE: when you first turn the console on or press the total reset button, you will be able to enter the time and date using the scroll wheel the change the value and the 'mode' button to confirm, once done, you will enter the program set up screen

NOTE: in idle mode, the cycle will display the time, date and current room temperature in ^{O}C

Button Functions

	Pre – workout	During workout
mode	confirm settings select 'target program'	switches between the feedback modes (as described above) being display in the large window
scroll wheel up	scroll upwards through setting values	
scroll wheel down	scroll downwards through setting values	
fitness test		enter the fitness test program - use when your workout has ended
reset	reset current value	
total reset	press and hold for 2 seconds for a total reset	

Using Workout Programs

Manual Program

To use in the manual mode simply start pedalling. The values of time, distance and calories will start counting upwards. Adjust the resistance level with the large dial.

Target Programs

You can choose to workout by setting a target, based on time, distance travelled , calories burned or the pulse rate you want to achieve. When you reach your target the cycle will sound a short alarm. The following assume you are already in the program set up screen.

Target time

1. the value 00:00 will be flashing in the time window
2. scroll the wheel up and down to set your workout time
3. Start pedalling to begin your workout

Target distance

1. Press ' mode' once and 00:00 will flash in the distance window
2. scroll the wheel up and down to set your workout time
3. Start pedalling to begin your workout

Target calories

1. Press 'mode' twice and 00:00 will flash in the calories window
2. scroll the wheel up and down to set your workout time
3. Start pedalling to begin your workout

Target heart rate

1. Press 'mode' three times and 0 will flash in the large window
2. scroll the wheel up and down to set your age.
3. As you are scrolling, the pulse window will display the corresponding maximum heart rate
4. start pedalling to begin your workout
5. when you reach 55%, 75% and 90% of your maximum heart rate, the corresponding icon will flash on the display

NOTE: if you set multiple targets the workout will end when the first target is reached

! do not attemp to reach 90% unless you are a professional athlete or have a very high level of fitness - exercising at this level can be dangerous if you do not know what you are doing

! Please see the 'exercising with your cycle' section for more details about the benefits of heart rate training

Fitness test

Measures how quickly your heart rate returns to normal after exercise
- it's a great way of measuring your fitness level and tracking your progress over time, When you have completed your workout:

1. Press the 'fitness test' button
2. Place both hands in the hand pulse sensors
3. Time will count down from 1:00 to 0:00
4. A result will be displayed between F1 and F6

F1 is the best and means your heart rate recovers quickly after exercise - you are very fit

F2 is the worst and means your heart rate recovers slowly after exercise - you are unfit

! check the display to make sure your heart rate is being picked up by the console or else the fitness test will not work correctly

Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting and finishing your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct cycling form

- Sit on the cycle, with your feet on the pedals and inside the pedal straps
- Ensure that the seat height is adjusted correctly - you should be stable and balanced whilst on the saddle. The basic rule for getting the seat height right is that as the pedal reaches its lowest point, the leg is almost straight.
- Try to ensure that your back is straight whilst exercising, especially for long periods.

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up – do not try to do too much too quickly. 30 minutes, 3 times a week should be enough.

Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula '220 minus your age in years'. So, if you are 35 years old your estimated maximum heart rate is:

220 – 35 = 185 beats per minute (bpm)

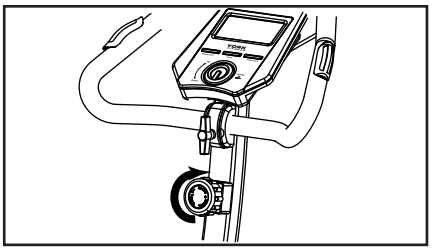
Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

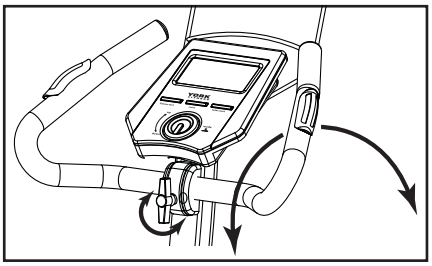
Note: Heart rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

Adjusting the resistance



This cycle features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel – the closer the magnet is to the flywheel the higher the resistance. The magnet is controlled manually, by twisting the dial. The resistance levels go from 1 = easy to 8 = hard

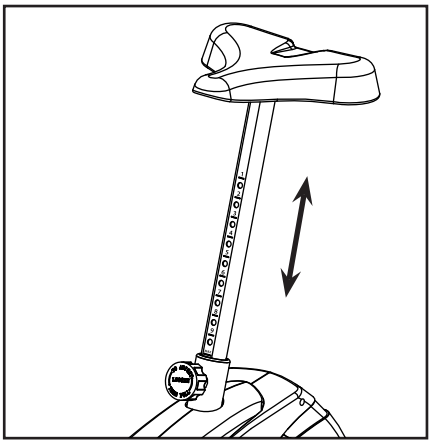
Adjusting the handlebars



The handlebars can be adjusted to match your individual requirements;

1. Loosen the T-bar bolt
2. tilt the handlebars into your desired position
3. tighten the T-bar bolt

Adjusting the seat height

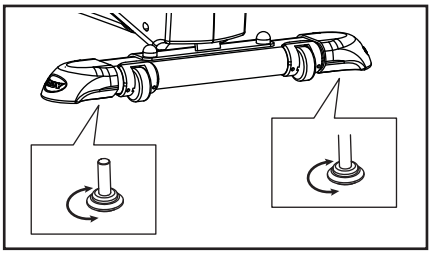


1. Loosen the hand wheel and pull the plunger
2. adjust the seat up or down to your required height - to line it up correctly, make sure the number and line is visible at the top of the seat post mounting tube - as shown in the diagram
3. let go of the plunger and re-tighten the hand wheel - make sure it is screwed tightly

The basic rule for getting the seat height right is that as the pedal reach its lowest point, the leg is almost straight

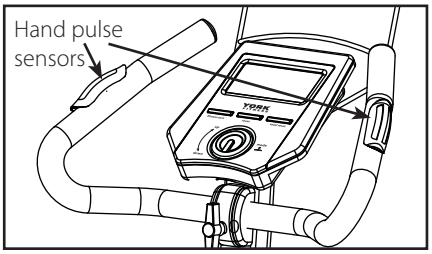
! Do not pull the seat out too far - the maximum is indicated with a piece of tape on the seat

Levelling your cycle



To help you level the cycle on uneven surface, 2 height adjusters are included on the rear stabilisers. Simply twist these around to adjust the height of the cycle.

Monitoring your heart rate

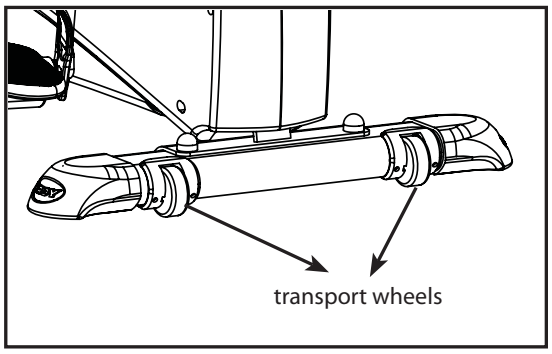


This cycle is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hands on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

! Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation.

Transporting your cycle

Your cycle has 2 transport wheels to help you move it around. To engage the wheels, tilt the cycle towards you with the handlebars and then using the handlebars push the cycle to your desired location



how to take care of your cycle

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Cleaning

Use a warm, damp cloth to wipe the surfaces. Mild detergent may be used if necessary.

! Never remove the protective casing.

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Troubleshooting

! If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

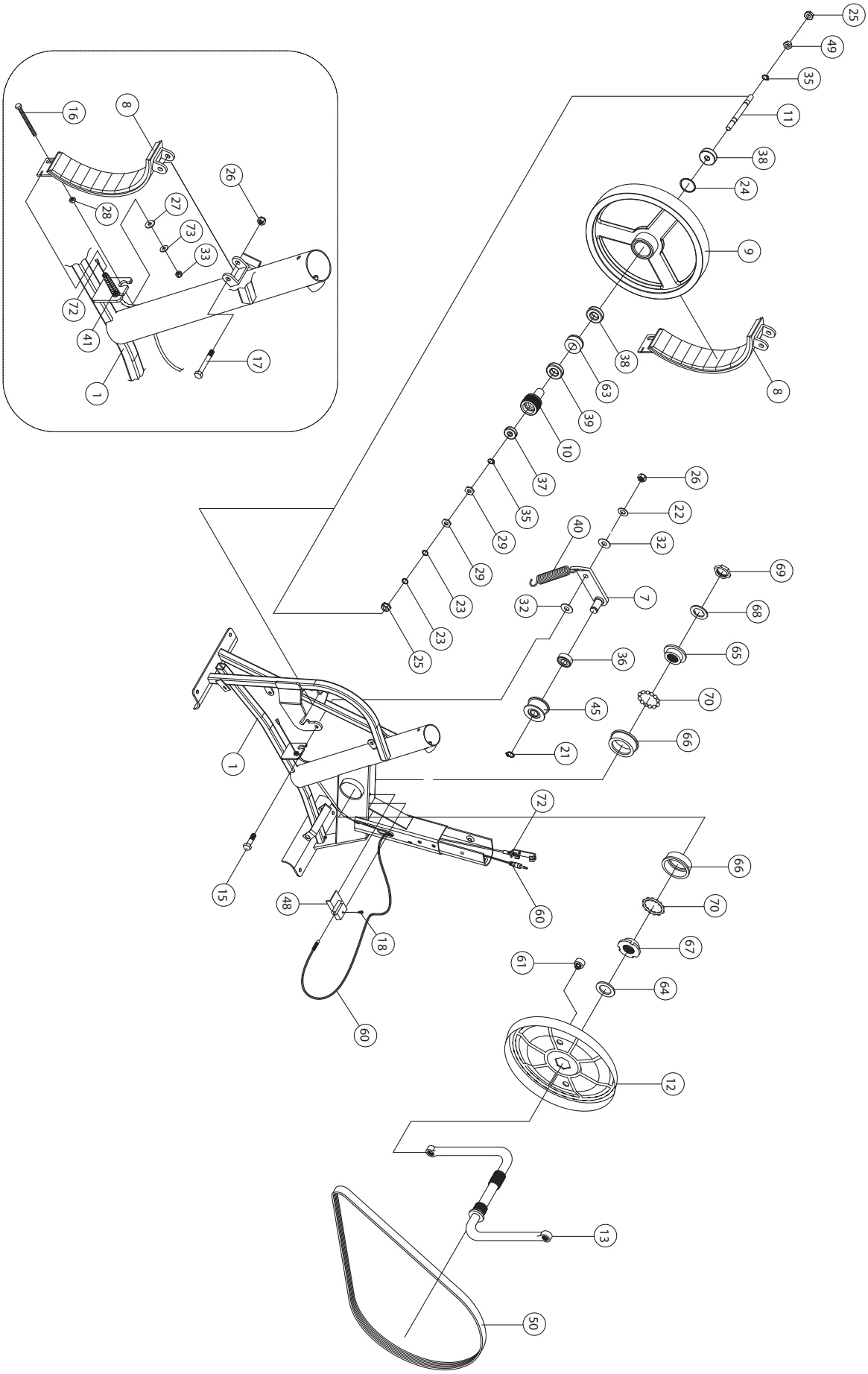
To obtain warranty service you must provide the following information:

Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

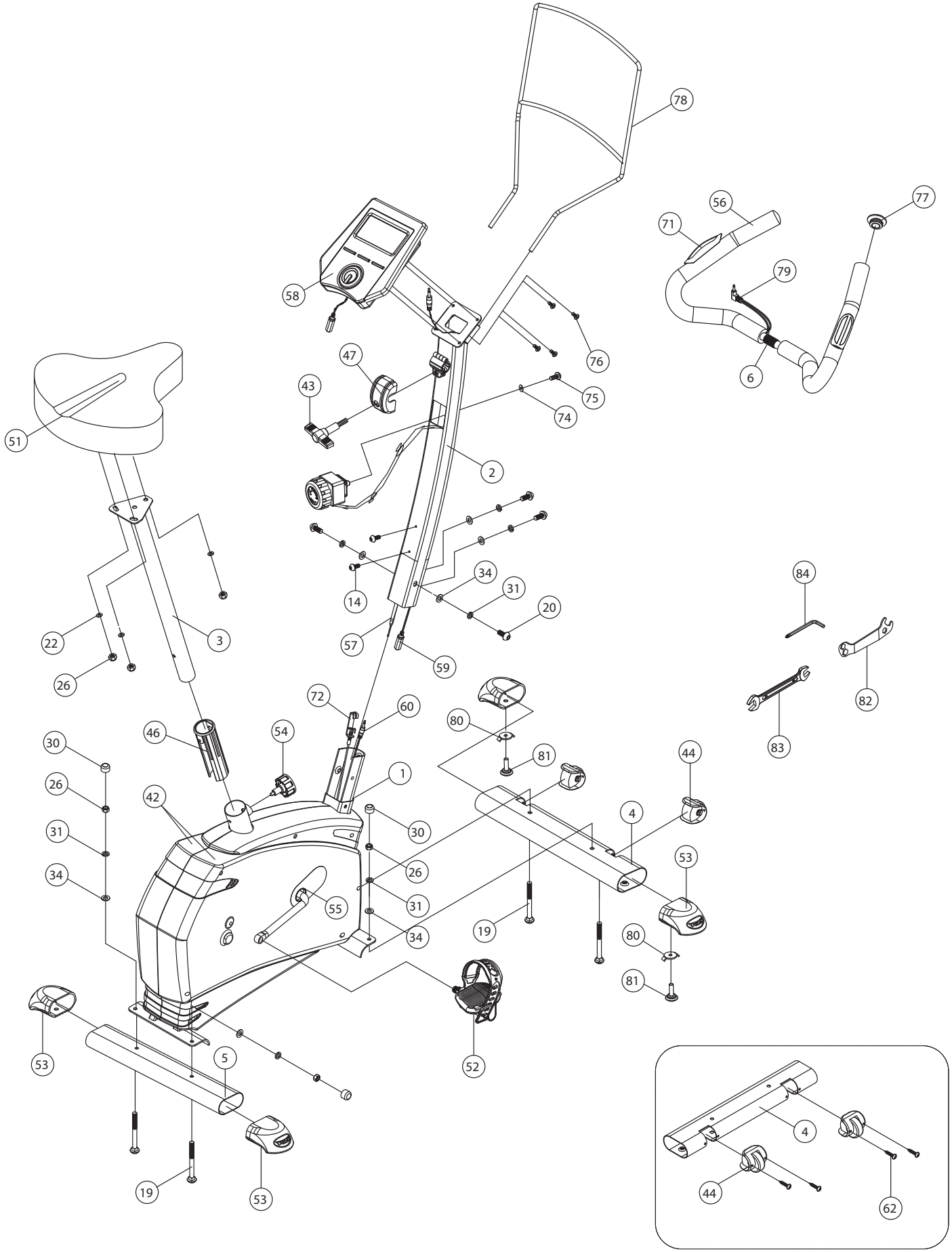
Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram



exploded diagram



parts list

Ref.	Qty	Part no.	Part Description
1	1	YKA00112s2	Main Frame (C)
2	1	YKA00113s2	Front Post (C)
3	1	YKA00114s2	Saddle Post (C)
4	1	YKP00166s2	Front Stabilizer & Wheel Mount
5	1	YKP00167s2	Rear Stabilizer (C)
6	1	YKP00168c1	Handlebar (C)
7	1	YKA00111c1	Jockey Wheel Bracket
8	1	YKF50040c1	Magnet Shoe Assembly
9	1	YKF50041b6	Flywheel
10	1	YKF50042b6	Small Pulley Wheel
11	1	YKF50043b6	Flywheel Axle
12	1	YKF50044z1	Large Pulley Wheel
13	1	YKF50045c1	1 Piece Crank
14	2	YKF10191n1	Round Philips Head Machine Screw (M5 x 15mm)
15	1	YKF10186b6	Hex Head Bolt (M8 x 25mm)
16	1	YKF10187b6	Hex Head Bolt (M6 x 65mm)
17	1	YKF10188b6	Hex Head Bolt (M8 x 52mm)
18	1	YKF10190b6	Round Philips Head Self Tapping Screw (6 x 12mm)
19	4	YKF10207n1	Carriage Bolt (M8 x 52mm)
20	4	YKF10062n1	Round Allen Head Bolt (M8 x 15mm)
21	1	YKF10197b6	C Clip (C12)
22	4	YKF10218b6	Flat Washer (8 x 22 x 1.5mm)
23	2	YKF10013b6	Flat Washer (10 x 23mm)
24	1	YKF10215b6	Flat Washer (30 x 34 x 0.8mm)
25	2	YKF10216b6	Hex Nut (3/8")
26	9	YKF10061b6	Nyloc Nut (M8)
27	1	YKF20044b3	Plastic Spacer (M6 x 19 x 1.5mm)
28	1	YKF10193b6	Hex Nut (M6)
29	2	YKF10194c1	Hex Nut (3/8")
30	4	YKF20183g13	Round Plastic Bolt Cap (13 x 13mm)
31	8	YKF10192n1	Spring Washer (8mm)
32	2	YKF20027b3	Plastic Spacer (M10 x 24 x 0.3mm)
33	1	YKF10196b6	Nyloc Nut (M6)
34	8	YKF10217b6	Flat Washer (8 x 16 x 1.2mm)
35	2	YKF10198b6	C Clip (C10)
36	1	YKF50046	Bearing
37	1	YKF50047	Bearing
38	2	YKF50048	Bearing
39	1	YKF50049	Bearing
40	1	YKF10199b6	Spring (121mm)
41	1	YKF10200b6	Spring (48mm)
42	1	YKF20189q2	Chain Cover (C)[set L&R]
43	1	YKF10221b3	T-Bar Bolt (M8 x 55mm)

Ref.	Qty	Part no.	Part Description
44	2	YKF20190b5	Transport Wheel
45	1	YKF50051b3	Jockey Wheel
46	1	YKF20137b3	Reducer Insert
47	1	YKF20191b3	Handlebar Mount Bracket Cover
48	1	YKF20180b3	Sensor Mount Bracket
49	1	YKF10195c1	Hex Nut (3/8")
50	1	YKF40051b1	Pulley Belt
51	1	YKF30022b1	Saddle (A16)
52	1	YKF50052b5	Pedal (Set [L&R])
53	4	YKF20192b5	Oval External End Cap
54	1	YKF50050b3	Pull Plunger (M16 x 22mm)
55	2	YKF20187b4	Oval Crank Cover
56	2	YKF30024r4	Foam Handgrip
57	1	YKF40054b1	Tension Control & Cable
58	1	YKF60102q2	Computer (C)
59	1	YKF60103b1	Computer Middle Cable (800mm)
60	1	YKF60101b1	Computer Lower Cable (450mm)
61	1	YKF50053b3	Magnet (sensor)
62	4	YKF10201b6	Round Philips Head Self Tapping Screw (6 x 16mm)
63	1	YKF50054b1	Bearing - One Way
64	1	YKF10202c1	Flat Washer (24 x 38 x 2.5mm)
65	1	YKF50055c1	Ball Bearing Ring Nut
66	2	YKF50056c1	Bearing Bowl
67	1	YKF50057c1	Bearing Ring Nut
68	1	YKF50058c1	Flat Washer - Bearing (35mm)
69	1	YKF50079c1	Bearing Hex Nut
70	2	YKF50080c1	Ball Bearing Set
71	2	YKF50081b5	Hand Pulse Sensor - Radius Grip
72	1	YKF40055b1	Tension Cable Connector Cable
73	1	YKF10204b6	Flat Washer (6 x 15 x 1.2mm)
74	1	YKF10205b6	Flat Washer (5 x 15 x 1.2mm)
75	1	YKF10206b6	Round Philips Head Machine Screw (M5 x 25mm)
76	4	YKF10203b6	Round Philips Head Machine Screw (M5 x 10mm)
77	2	YKF20188b5	Round Internal Top Hat End Cap
78	1	YKA00115s2	Magazine Rack
79	1	YKF60104b1	Hand Pulse Sensor Cable
80	2	YKF10208c1	Height Adjusting Ring
81	2	YKF10209b3	Height Adjusting Foot
		TOOLS	
82	1	YKF70007	Multi Spanner (10, 13, 14, 15mm)
83	1	YKF70008	Spanner (13 & 15mm)
84	1	YKF70009	Philips Screwdriver & Allen Key (6mm x 105mm)